

Café Masala
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WELCOME

MENU

STARTERS

Chicken Tikka
Onion Pakura

with Salad & Sauces

MAIN

Meat : Aloo Gosht Curry

Chicken : Chicken Tikka Masala

Vegetarian : Palak Paneer

Sundries : Pilau Rice

Nan Bread

How To Make Bombay Potato

You Will Need

4 tbsp [vegetable oil](#)
750 g [cooked potatoes](#)
1 tsp [turmeric](#)
8 tbsp [Curry Masala Sauce](#)
1 tsp [salt](#) , adjust to taste
2 tsp [red chilli powder](#) , adjust to taste
2 medium [tomatoes](#) , roughly chopped
½ tsp [mango powder](#)
2 tsp [garam masala](#)
1 tsp [mustard seeds](#) , optional

Step 1

Cut the potatoes into halves and cook them well by lightly boiling them for about 18-20 minutes, making sure they are still firm.

Step 2

Take some vegetable oil, or something like, and put it in a sauce pan. Then proceed to heat the pan for 2 minutes over a medium heat

Step 3

Add the mustard seeds to the pan, but be careful - they may start to pop! Then, add the chilli powder, turmeric and ginger. Continue to fry stirring constantly for about two minutes. .

Step 4: Add The Tomatoes

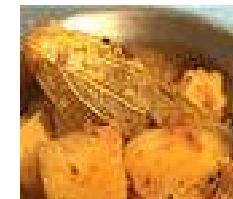
Now, add the tomatoes and let the entire mixture simmer for about five more minutes.

Step 5: Combine The Sauce And The Potatoes.

Gently add the potatoes to the sauce, but make sure you are careful not to break the potatoes. Let them simmer for two minutes without turning. Then turn them over and let simmer for two further minutes until they are golden brown. Remember! Whilst they are simmering away, make sure you keep covering the potatoes with the sauce.

Step 6: Serve

Add salt to taste, and if desired season with more mustard seed. This is a great accompaniment to a curry, and can be made using numerous vegetables! So give it a go!



How To Make Pilau Rice



Pilau Rice Recipe. Colourful Pilau rice perfect as the base to any Asian curry or beef carbonade. The variety makes this recipe a must. Taste our Pilau Rice recipe

You Will Need

250 g [long grain rice](#)
120 g [cashew nuts](#)
3 tbsp [vegetable oil](#)
4 [cloves](#)
2 [cardamom pods](#)
A [2cm piece of a cinnamon stick](#)
1 tsp [cumin seeds](#)
6 [shallots](#)
120 g [raisins](#)
1 tsp [turmeric powder](#)
1 tsp [saffron threads](#)
500 ml [boiling water](#)
[salt](#)
1 [bunch of coriander for garnish](#)
[oil for frying](#)
1 [onion for garnish](#)
1 [sharp knife](#)
1 [cutting board](#)
1 [small pot](#)
1 [colander](#)
1 [thick bottomed pan](#)
1 [wooden spoon](#)

Step 5:

Prepare the garnish

Whilst the rice is cooking, chop the coriander roughly. Slice the onion and brown in a little oil. Keep both aside, ready for garnishing at the end.

Step 6:

Remove the rice

When the water is absorbed in the pan, test the rice by tasting it to see if it is done. If necessary, leave for another minute or two, with the lid on.

Step 7:

Garnish

Garnish with the chopped coriander and the crispy browned onion slices, thereby adding extra taste and colour to this dish.

Step 1:

Prepare the ingredients

First of all, put the water to boil in the small pot and add the saffron threads. Thoroughly wash and drain the rice. This will get rid of most of the starch in it, enabling it to cook as individual grains.

Step 2:

Get started

In the pan, heat the 3 tablespoons of oil on a high temperature. Add the nuts, cloves, cardamoms, cumin seeds and cinnamon and fry for 2 minutes.

Step 3:

Add the other ingredients

Add the shallots and fry for 2 minutes, till they are translucent. Add the raisins, salt and turmeric and stir for a few seconds.

Step 4:

Cook the rice

Add the clean rice and stir well until all the grains have been coated with the spices. Add the boiling water. Cover the pan and turn the heat to low, allowing the rice to cook gently in its spices. This should take about 12-15 minutes.

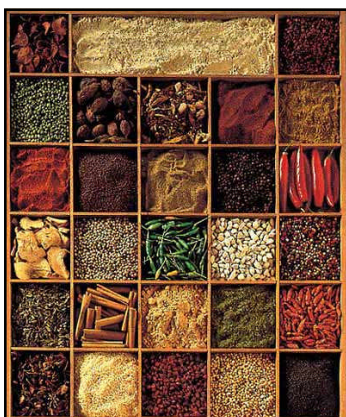
ABOUT US

Café Masala is ideally situated in 187 The Broadway, Thorpe Bay. Essex, adjacent to the C2C Station and within strolling distance of the many tourist attractions, shopping and dining experiences that picturesque Thorpe Bay Sea beach is renowned for. Serving both discerning leisure and business travelers, Café Masala is Southend's most affordable Indian & Bangladeshi Cuisine offering comfort, convenience and style at a reasonable price.

The perfect prelude to a day of sightseeing, or an evening enjoying the nightlife and culture, The Café Masala offers guests a casually elegant dining experience seven days a week. The Restaurant serves delectable cuisines from India and Bangladesh, as well as sophisticated twists on traditional favourites. Chicken tikka jalfryzi, Methi Murgh, Chicken tikka Balti, Chicken tikka Masala, Hasina Kebab, Chicken tikka Dansak are many of the specialities you will find on our extensive menu together with a wide selection of side dishes.

The Café Masala Restaurant has another advantage over its rivals you can relax and enjoy a stylish ambience with food served to the highest standard. No need to rush beforehand, or compromise on quality, Whether its a quick business lunch, the celebration of a special occasion, or simply a night-cap before retiring for the evening, The Café Masala adapts beautifully to our patrons' needs. It is bright and sun filled during the day, and warm and romantic in the evening, creating the ideal setting for a relaxed meal.

Our creative menu features an abundance of savory delights for all varieties of appetites. And of course, Sunday is popular amongst both locals and tourists alike as our appetizing buffet is among the most reasonably priced. We also offer daily specials, providing both variety and value to our Guest.



"The typical indian cuisine" actually doesn't exist at all, what one realizes quickly on a trip through India. One is met with a wonderful multiplicity of different dishes, tastes and aromas. So, each region of India has its own specialties, with which the taste is not only shaped by the extremely high-quality ingredients, but above all through a mixture of several spices

These individual combinations from fragrant spices, herbs and roots are what gives the kitchen of certain parts of the country its personal touch. In India the **Curries** aren't the curry-spices known by us, but they treat of spice-mixtures in countless variations, that each housewife produces from up to 300 grains, herbs and seasonings following peculiar or traditional recipes. These, turned to sauces, frequently gives the base for miscellaneous curries of vegetable, meat, fish and eggs.

However typically also located in the indian kitchen are sheep -, lamb - and poultry - meals as well as crustaceans since the nutrition follows strongly the religious affiliation. Thus, for example, "Hindus" don't eat beef, "Muslims" no pork and "Jainas" are mostly strict vegetarians. Therefore in India is also offered an immense amount of vegetarian dishes, like in no other country of the earth. Also very well known spice-mixtures are the indian **Massalas**.



How To Make Onion Bhaji



Onion Bhaji recipe. Always a favourite Indian dish, this easy recipe for Onion Bhaji will bring a taste of the East to your kitchen.

Step 1:

You will need:

1 large [onion](#) , sliced
200 g [chickpea flour](#)
1 tsp [baking powder](#) ,
2 tbsps [rice flour](#)
½ tsp [chilli powder](#)
½ tsp [turmeric](#)
½ tsp [cumin powder](#)
½ tsp [coriander powder](#)
some [salt](#)
100 ml [water](#)
750 ml [vegetable oil](#)
1 [saucepan](#)
1 [bowl](#)
1 [whisk](#)
1 [spoon](#)
1 [slotted spoon](#)
[tray lined with paper towels](#)

Step 2:

Heat the oil

Put the oil into the pan and place it on a medium-high heat.

Step 3:

Make the batter

In a bowl, combine the chickpea flour, rice flour, baking powder, chilli, turmeric, cumin, coriander, salt and the water. Mix it together well and add the sliced onion.

Step 4:

Check the oil

Check the temperature of the oil by dropping a little batter into it. If it fries slowly, it is at the right temperature.

Step 5

Fry the bhaji

Carefully drop spoons of batter into the oil, making sure not to overcrowd the pan, which will make them stick together. Fry them for about 1-2 minutes or until the batter becomes a lovely golden brown. Remove them, place them to drain on the paper-lined tray, and repeat until all the bhaji are cooked.

Step 6:

Season and serve

Sprinkle over a little salt and your onion bhaji are ready to serve. They make a perfect appetiser and go well with coriander chutney or cucumber raita, both of which can be found on our website. Enjoy!

How To Make Naan Bread



Naan Bread Recipe. Perfect your feast of flavours with delicious, aromatic naan bread fresh from the oven. Manju Mahli's authentic recipe is a real taste of India. Devour our Naan Bread recipe.

Step 1:

You will need

- 1 tsp [dried active yeast](#)
- 1 tsp [demerara sugar](#)
- 200 g [plain flour](#)
- ¼ tsp [salt](#)
- ½ tsp [baking powder](#)
- 1 tbs [vegetable oil](#)
- 2 tbs [natural yoghurt](#)
- 2 tbs [milk](#)
- 1 [small bowl](#)
- 1 [teaspoon](#)
- 1 [tablespoon](#)
- 1 [mixing bowl](#)
- 1 [rolling pin](#)
- 1 [oven tray](#)
- 1 [pastry brush](#)
- 1 [tea towel](#)

Step 2

Mix 1 teaspoon of dried yeast with 1 tablespoon of warm water in a small bowl. Stir a teaspoon of sugar into the yeast mixture. Put the bowl in a warm place, and leave it for 5 minutes, until the yeast is covered with froth.

Step 3:

While the yeast begins to froth, start to mix the dough. In a large mixing bowl, put 200g of plain flour, ¼ teaspoon of salt, and ½ teaspoon of baking powder. Mix well.

Step 4

Stir in 1 tablespoon of vegetable oil, 2 tablespoons of natural yoghurt, 2 tablespoons of milk and the yeast mixture, which should be frothy by now. Mix a little, with a spoon.

Step 5:

Press your knuckles repeatedly into the dough. Continue kneading in this way until you have a soft pliable dough. It should take about 5-6 minutes.

Step 6:

Dampen a tea towel or small cloth, and use it to cover the mixing bowl. Leave it in a warm place to rise. This should take 10 to 15 minutes.

Step 7

Pre-heat the oven

Preheat the oven to 140 degrees Celsius, 275 degrees Fahrenheit, or Gas Mark 1.

Step 8:

When the dough is ready, it will be spongy and springy. Lightly sprinkle a little flour over a clean work surface. Divide the dough into 4 equally sized balls. With your hands, or a rolling pin, roll each into a long oval shape, about half a centimetre, or a quarter of an inch thick. Don't roll them out too thinly, or they'll turn out like crisps.

Grease a baking tray with a little oil on a pastry brush. Place the ovals of dough onto the tray, and then in the centre of the oven for 10 to 15 minutes. When they're ready, they should be light golden, soft and crumbly.



The traditional cooking in the **Tandoor** is another peculiarity. These inconspicuous clay oven, delivered hundreds of years ago by mogul-sovereigns to India, give an constant heat from about 1000°F / 540°C (a half chicken refines here in less than 5 minutes) and makes thus, by the

short time, an extremely careful, healthy and a juicy preparation possible, not at least particularly tasty with an unique flavour. The cooks usually put the ingredients on long skewers and place them for a short time into the oven.

Frequently the meat is marinated first. The **Balti**-specialties for example, inserted before this particular grill-manner into a yogurt sauce with different herbs and seasonings, served after the Tandoori in a special-pan with onions, paprika, garlic and ginger

The Tandoor also becomes prepared in different variations of **Nan**, a kind of typical indian flat cake, just done directly before the consumption. Nan is baked in a certain manner pasted on the internal wall of the oven. Also other bread-specialties like **Chapati**-a flat cake, prepared only from flour and water, baked on a round plate over the fire, **Roti**, **Paratha** and **Papadoms** (from chickpea-flour) becomes, given together with other basic foods like **Dal** (lentil-puree), vegetables and **Pullao** or **Chawal** (rice) as supplements. Only in the north of India with water from melted ice of the Himalaya grows the famous real **Basmati** rice, that bribes through his exclusives aroma and his high quality, which also brought to him the well-known-name "King-of-rice". This **basmati**-rice in good restaurants is offered in different manners, enriched through exclusive selected ingredients like saffron, nuts or mushrooms etc. As small snacks or appetizers They are used to eat **Pakorases** (in dough rolled vegetables, eggs etc.) **Samosas** (a kind of pie, filled with vegetables or potatoes) or **Dosas** (crispy paste-roles filled with vegetables





In order to become familiar with the Indian cuisine, or if you would not like to decide yourself to a certain meal, it is recommendable to try Sunday Buffett , a tray with a combination of different foods and bread.

The indian food mostly is rather hot. This sharpness works strongly digestive stimulating and antiseptic, which helps to avoid digestive problems and intestine infections, that are extensive in India due the frequent primitive hygienic circumstances. Of course one can select the sharpness degree of the taste depending on his pleasure. If it is desired, one could get also the very soft preparation , for example refined with coconut. Coconut is also used in order to tone down a too spicy meal.



As desserts they give several sweets, prepared from nuts, coconut, pistachios and a multiplicity of exotically fruits, that also gets frequently their secretfull taste through miscellaneous spices. Or they serve desserts made from fresh cheese, frequently formed to little balls and refined with different sauces, fruity or fresh, for example with mint or mango. Also on sale are several classes of ice cream and recently sorbets (**Kulfi**).

Step 1:

Prepare the ingredients

First of all, chop up the tomato finely and set aside for later use. Next, finely chop the onions and set aside. Finally, cube the chicken breasts into bite-sized pieces, season with a little salt and also put to one side.

Step 2:

Make the masala paste

Mix together in a bowl the ginger, garlic, cumin, coriander, turmeric, cayenne, garam masala and paprika.

Step 3:

Flavour the oil and fry the onions

Put the oil into a pan over a medium heat. When hot, add the cardamom pods and cinnamon stick, leave for a few seconds and then remove. This flavours the oil, giving it a wonderful aroma. Add the onions and cook while stirring, until brown.

Step 4:

Add the spices

Add the masala paste and stir for a minute.

Step 5:

Add the remaining ingredients

Add the tomato and tomato purée and stir for a minute till thoroughly combined.

Pour in the water and bring to a gentle simmer, stirring constantly.

Taste the sauce and season with salt if necessary.

Step 6:

Cook the chicken

Add the chicken cubes and mix well into the masala. Simmer for 10-12 minutes, stirring every few minutes, until the chicken is cooked and tender. Check this by piercing the chicken with a sharp knife - if it goes straight through and comes out clean, it is done. For a weaker curry flavour, add either 1 small tin of coconut milk or 1 medium sized carton of yoghurt. Mix well and simmer for another 5 minutes.

Garnish and serve

Place the chicken on a serving dish, decorate with coriander leaves and serve.

How To Make Chicken Tikka Masala

Chicken Tikka Masala Recipe. A traditional and very popular Indian chicken dish which is bursting full of flavour and colour. Taste our Chicken Tikka Masala recipe.

You Will Need

- 3 [chicken breasts](#)
- 4 [tbsp olive or groundnut oil](#)
- 5 [cardamom pods](#)
- [a 5cm cinnamon stick](#)
- 1 ½ [onions](#)
- 2 [tsp fresh ginger, minced](#)
- 2 [tsp garlic, minced](#)
- 1 [tsp cumin powder](#)
- 1 [tsp coriander powder](#)
- ¼ [tsp turmeric powder](#)
- ½ to 1 [tsp cayenne pepper](#)
- 1 [tbsp paprika](#)
- 1 [tsp garam masala powder](#)
- 1 [large tomato](#)
- 1 [tsp tomato purée](#)
- 150 [ml water](#)
- [Salt to taste](#)
- [Yoghurt or 1 tin coconut milk, if desired](#)
- [Fresh coriander to garnish](#)
- 1 [sharp knife](#)
- 1 [chopping board](#)
- 1 [plate or tray](#)
- 1 [mixing bowl](#)
- 1 [large wide pan](#)
- 2 [wooden or regular spoons](#)
- 1 [bowl for mixing the spices](#)



How To Make Palak Paneer

Ingredients:

- [Spinach](#) - 1, 16oz pkt chopped, frozen (about 1/2 kg)
- [Paneer](#) - 7 oz or 200 g
- [Oil](#) - 3 [tbsp](#)
- [Onions](#) - 2 med, minced
- [Ginger](#) - 1" pc, minced
- [Garlic](#) - 4 cloves, minced
- [Water](#) - 1/2 cup
- [Tomatoes](#) - 2 large or 1, 14oz can diced (pureed)
- [Garam Masala](#) - 2 [tsp](#)
- [Cumin Powder](#) - 1 [tsp](#)
- [Coriander Powder](#) - 2 [tsp](#)
- [Red Chili Powder](#) - to taste
- [Salt](#) - to taste
- [Turmeric Powder](#) - 1/4 [tsp](#)
- [Heavy Whipping Cream](#) - 8 [tbsp](#) or to taste
- [Milk](#) - to taste (optional)



Method:

1. Cook frozen Spinach with 1/2 cup Water in a [microwave](#) safe dish for 7-8 minutes stirring in between.
 2. Blend cooked Spinach to desired texture (avoid over-blending).
 3. Heat 2 [tbsp](#) Oil in a medium non-stick pan on high heat.
 4. Once Oil is hot, add in the minced Onions, stir, cover and let it cook for about 5 minutes.
 5. Add in the Ginger and Garlic and mix. Cook for another 4-5 minutes.
 6. Add in the Tomatoes, cover and cook till the oil separates from the mixture.
 7. Keep stirring frequently as the Masala (Onion, Tomato, Ginger & Garlic mixture) tends to burn very fast.
 8. While the Masala is cooking, cube the [paneer](#) to desired size...1/2" cubes work well.
 9. In a non-stick frying pan, heat the remaining 1 [tbsp](#) Oil.
 10. Once Oil is hot, add in the paneer cubes and let them cook till they are golden brown on all sides.
 11. Remove from the pan into a plate with paper towel to soak the excess oil.
 12. In a couple of minutes, pour the Paneer into a bowl of cold water. Let it sit for 5 minutes.
 13. Meanwhile, once the Masala is prepared, add in the mashed Spinach.
 14. Mix and add the Garam Masala, Cumin Powder, Coriander Powder, Salt, Chili Powder & Turmeric Powder.
 15. Mix well and cook for 3-5 minutes.
 16. Add in the desired amount of Cream and /or Milk. Mix and cook for another few minutes.
 17. Gently squeeze the water out of the Paneer and put the Paneer in the Spinach.
 18. Mix gently and serve hot.
- Serves 4 . Enjoy with Naan, Chapati, [Paratha](#) or [Rice](#).

Indian Cooking - How To Make Aloo Gosht

General Information and some useful facts and figures



Aloo Gosht is a casserole like dish made from potatoes and lamb, and eaten all over India.

You Will Need:

1 kg [lamb](#) , cut into cubes of approx 2 cm
1 tbsp [fresh ginger](#) , grated
1 tbsp [fresh garlic](#) , grated
2 tsp [salt](#)
2 ½ tbsp [curry powder](#)
1 tsp [ground cumin](#)
2 tsp [cumin powder](#)
2 tsp [chilli powder](#)
6 [cardamoms](#) , green
1 [cinnamon sticks](#)
2 [star anise](#)
500 g [potatoes](#) , diced into 1.5 inch cubes
2 medium [onions](#) , chopped
1 ½ cups (380ml) [water](#)
2 [Saucepans](#)
1 [wooden or metal spoon](#)

Step 1:

Sauté the onions and spices

In a saucepan, add the oil and the onions and salt; sauté until the onions have turned translucent and soft. Then add the garlic, ginger and all of the spices, and stir on a medium heat until the ingredients have combined and formed a paste.

Step 2:

Cook The Meat

Then add the washed and drained meat to the pan and stir into the onion and spice mixture until all of the meat is well coated.

Cover the pan and leave to cook on a low heat for 30 minutes, or until the juices have merged from the meat into the pan.

Step 3:

Add Potatoes

In a separate pan, par-boil the potatoes and then add them into the curry mixture in the other saucepan and stir until the potatoes are well coated with the sauce.

Step 4:

Add water

Then add 1 ½ cups of water and stir and leave to cook on a very low heat for another 10 to 15 minutes or until the gravy has thickened slightly and the meat has turned very tender and brown in color. Stir carefully.

Serve hot with rice or flatbreads such as Roti or Naan.

Weights and measures

Metric and imperial measure have been used throughout the book. All spoon and cup measures given in this book are level. While using recipes always follow one set of measurement.

Abbreviations and equivalents used in recipes

Abbreviations	Equivalents	
lb Pound	3 teaspoons	1 tablespoon
oz Ounce	16 tablespoons	1 cup
g Gram	8 oz	1 cup
kg Kilogram	1 kg	2.2 lb
cm Centimetre	200 grams	8 oz
in Inch	2.54 cm	1 in

Equivalent substitutions

1 Tablespoon lemon juice 1 cup natural yogurt

1 cup ghee

1 tablespoon vinegar ¾ cup sour cream or ¾ cup sweet curd 1 cup butter oil

Chicken Tikka

2 spring chickens 2 cardamoms
2 sticks cinnamon 3 cloves 6 peppercorns
1/2 teaspoon nutmeg 1/4 teaspoon mace
1/3 cup cooking oil 2 teaspoons ground ginger
2 tablespoons ground green papaya (or meat tenderiser)
2 teaspoons salt 1 cup yogurt .

Roast cardamoms, cinnamon, cloves, peppercorns, nutmeg and mace very lightly over low heat, grind and sift. Make four pieces of each chicken. Mix all ingredients with the chicken, and let stand for 5-6 hours.
Prepare charcoal / Gas heat.

Thread chicken piece with a skewer. Broil over charcoal / Gas heat for 20-25 minutes turning the pieces once or twice and basting it with the marinade. Broil until the meat is tender.

Serve with porota or naan bread and salad. 8 servings.

Variation in dishes prepared with vegetables, fish, meat, rice and lentil

Bhorta : It belongs to the class of mashed vegetables. Bhorta is easy to prepare. It is generally prepared with boiled mashed vegetables mixed with chopped onion, coriander leaves and mustard oil. Some people prefer to mix chopped green chilli or roasted dry chilli in it. One can add vitamins to the

menu by preparing bhorta of steamed green leafy vegetables. Bhorta of some vegetable peels such as palwal, bottle gourd etc. are delicious and nutritious. Bhorta of broiled vegetables like brinjal, tomato, potato, green banana etc. are simple to prepare. Above all thinly shredded raw vegetables (bittergourd cabbage etc.) make really tasty nutritious dish of bhorta. Bhorta of dry fish, boiled fresh fish, shrimp and egg are also palatable and can be used as spread on canape for a cocktail party. Bhorta is a common dish for Bangladeshi people eaten with fluffy boiled rice.

Bhaji : Diced, sliced or shredded vegetables fried in small amount of oil are known as bhaji. A pinch of turmeric usually improves the colour of bhaji. Short time of cooking bhaji ensures the minimum loss of nutrients. To enjoy varieties of vegetables bhaji can be included in the menu as a side dish. It nicely matches with rice and bread as well.

Niramish : Niramish is a vegetarian dish prepared with mixed vegetables. Lentils are sometimes added to vegetable niramish. A few spices of a very little amount are used in it. At the beginning of cooking niramish, whole spices like cumin, mustard, fenugreek, aniseed, black cumin or the mixture of these spices which is known as 'panchforan' are added to hot oil. This method brings a particular flavour in niramish. Little sugar is added to it for good taste. Niramish may be mentioned as a curry or vegetable dish. Those who do not like to eat vegetables may taste niramish. They will like it because niramish is as tasty as any kind of curry. Tasty and hearty niramish can be served as a main dish for lunch and dinner with rice and bread.

Jhol : Vegetables boiled together with fish or meat in small amount of oil with moderate or no spices make hearty dishes of jhol. Some kinds of leaves (thankuni) and stems (helencha) are used in jhol. Thankuni and Helencha increase flavour and are nutritious and palatable also. Jhol substitutes soup in Bangladeshi diet. Jhol is low calorie food and easily digestible. It is an oriental dish that will suit the western palate.

Curry : Curry is now a popular dish all over the world. Varieties of spices are the main attraction of curry dish. Cumin, coriander and fenugreek top the list of curry spices, but without turmeric, ginger, onion, garlic and bay leaf curry spice remains incomplete. Chilli may be included if taste permits. In addition to these meat curry needs cardamom and cinnamon. Mixture of these spices in proportion makes a curry palatable. Without curry in the daily menu the meal will not be satisfying to a Bangladeshi family. Curry is served with rice or bread.

Kalia : Kalia is a variety of meat curry. Usually moderately hot kalia is cooked with meat and potato. It is served at Bangladeshi feasts with pullao or boiled rice. It is a common dish for the people in Bangladesh.

Korma : Korma is not a hot food. Texture of Korma resembles curry, but it is famous for its good taste. Ginger, onion, cardamom, cinnamon and natural yogurt are the ingredients that bring a particular taste in Korma. Smooth flavour of Korma gives enjoyment to eating. People of all ages and surely from different lands will appreciate the delicacy of Korma. In Bangladesh it is a familiar dish served at dinner parties.

Rezala : Rezala is a variety of Korma. Some additional ingredients like cream, saffron, pistachios and almonds make it rich. Above all green chilli is a must for rezala. Though green chilli is used, rezala does not belong to the class of hot food, because chilli is added at the final stage of cooking. Rezala being a rich and palatable dish is appropriate for high cost menu.

Pilau : Fine flavoured rice (namely kalijira or chinigura or basmati) of special quality, cooked with ghee or soyabean oil is called pilau. Spices like cinnamon, cardamom and cloves are used in cooking pullao. Vegetable pullao includes single or mixed vegetables like peas, cauliflower, carrots,

potatoes etc. Lemon yellow colour (liquid) may be sprinkled very lightly over the pullao before serving in the dish. The dish of pullao is garnished with raisins, almonds, pistachios, fried onion, fresh orange, boiled eggs etc.

Biriyani : Biriyani is a special kind of pullao cooked with meat. Kachchi Biriyani is cooked with mutton and spices. It is a well known dish served at wedding dinners.

Pullao cooked with chicken is called Chicken Pullao. It is a palatable dish served at a formal dinner party. Tehari is also a special biriyani prepared with beef or mutton. Tehari may be a hot dish.

Khichuri : Rice and lentil cooked together with a little oil and spices is known as Khichuri. Beef potato curry, mixed vegetable, salad and khichuri make a wonderful menu in the rainy season in Bangladesh.

How Spices are Used in Cooking

A list of spices used in oriental cooking has been given in the glossary. The different forms of spices used in cooking are whole, crushed, ground (powdered), roasted and fried.

Whole spices : Cardamom, cloves, black cumin seeds (kalijeera), cumin seeds, coriander, black pepper, mustard, fenugreek and red chillies are the spices used whole in some dishes like meat curry, korma, kalia, rezala, vegetable niramish, pickles etc.

Crushed spices : Crushed spices are used single or in combination to cook some vegetables or lentil. Crushed ginger, garlic, onion and green chillies are usually dropped in hot oil at the beginning of cooking.

Ground spices : Ground or powdered spices are available in the grocer's shop or super market. In the subcontinent, majority of the people use a pestle and mortar to grind spices. Slow pounding of spices releases the natural oil which increases the flavor of the curry. An electric coffee grinder can also be used for grinding spices.

Roasted and powdered spices : In some cooking coriander, cumin seeds, black pepper etc. are roasted separately and crisply over very low heat then powdered and sieved. Roasted and powdered spices are generally added to the curry at the end of the cooking.